

# Working toward a healthier you?



## Healthy Lifestyles is here to help.

You've had access to Healthy Lifestyles for a while now. You've had the chance to complete a Well-Being Assessment (known as the Health Assessment Tool, or HAT) to gain a clear picture of your health each year and to create a Well-Being Plan.

## New to Healthy Lifestyles?

[Click here](#) for instructions on how to join today.

**No matter what health area you're working on** – weight management, exercise and fitness, tobacco cessation, healthy eating, stress management or something else – Healthy Lifestyles is here to help you reach your health goals.

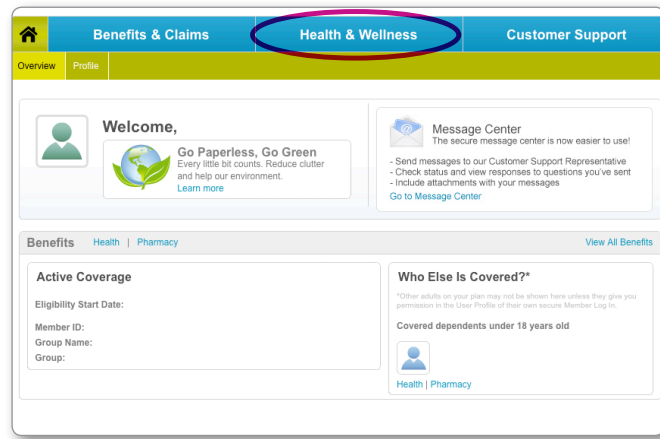
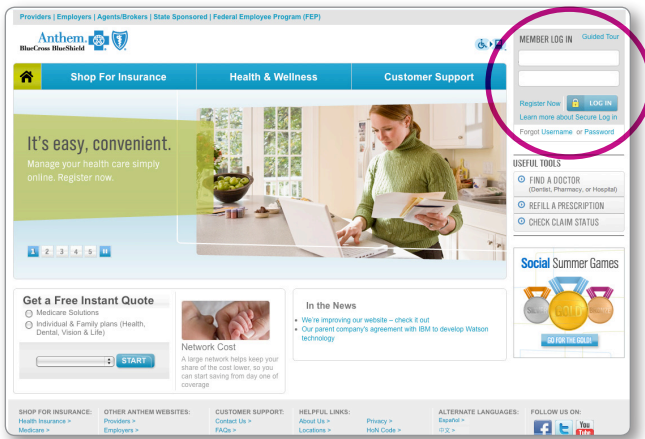
**We're also here to help motivate and inspire you.** When you work for the State of New Hampshire and you use the Healthy Lifestyles website, you can work your way toward 5,000 points for a \$100 Health Reward.

You'll also receive motivational and informational emails from us every month to help you on your journey. And when you define what inspires you to be healthy and journal about your inspiration, you'll deepen your commitment and earn points, too. You can't lose.





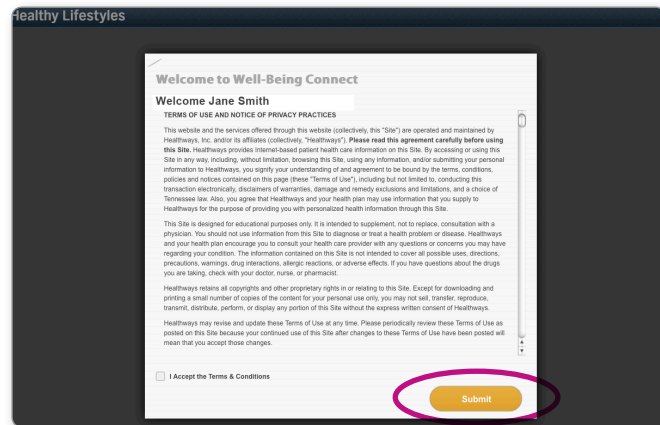
## How to sign up for Healthy Lifestyles



1. Go to **anthem.com** and log in using your Anthem username and password.

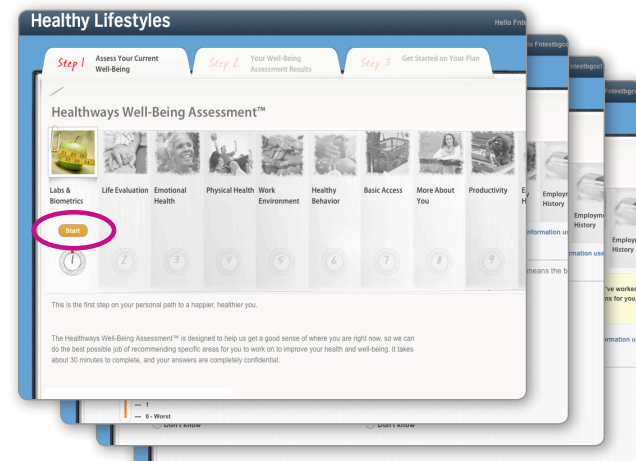
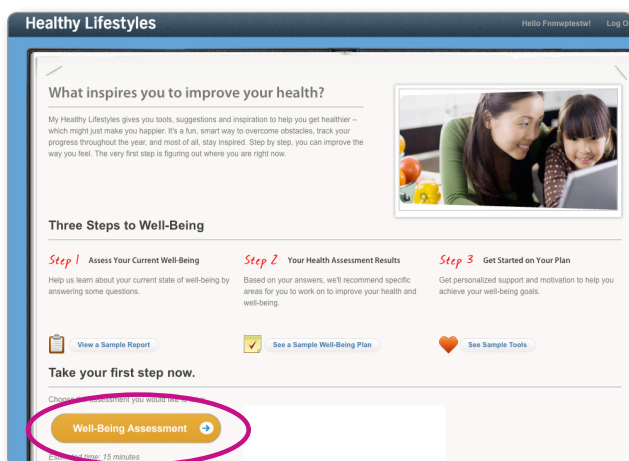
2. Select the **Health & Wellness** tab.

If this is your first visit to anthem.com, select **Register** to complete the registration screens. Once you've registered, log in to get started.



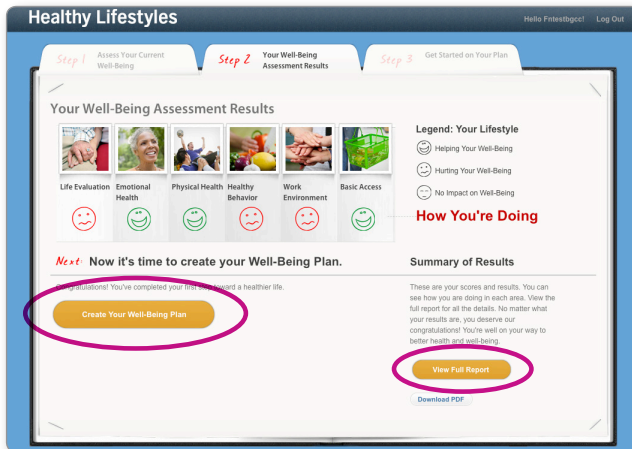
3. To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!

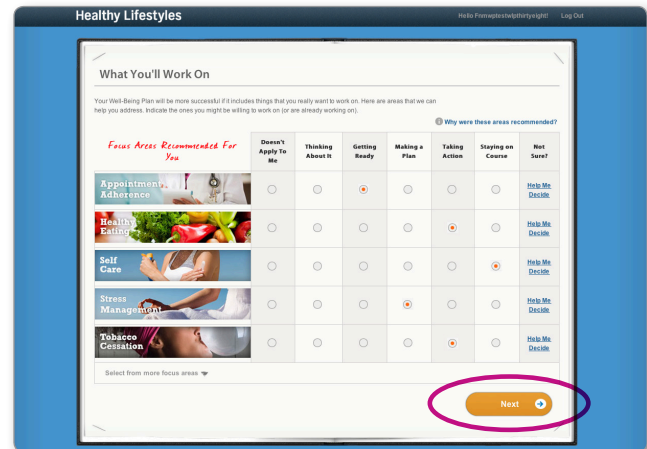


5. Select **Well-Being Assessment** (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.

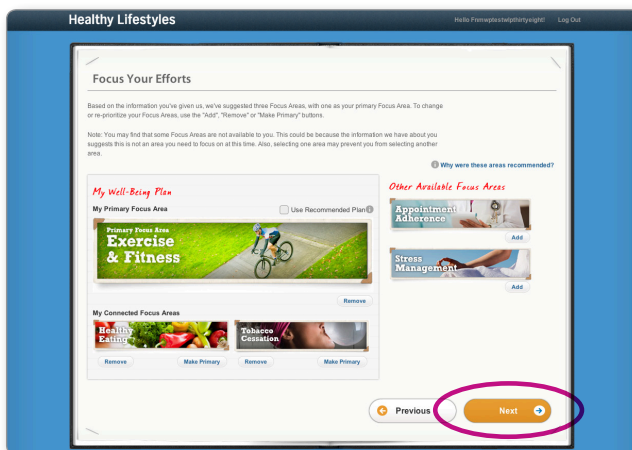
6. Select **Start** and answer the questions on the following screens.



7. Click **View Full Report** to download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select **Create Your Well-Being Plan** to personalize your Healthy Lifestyles program.



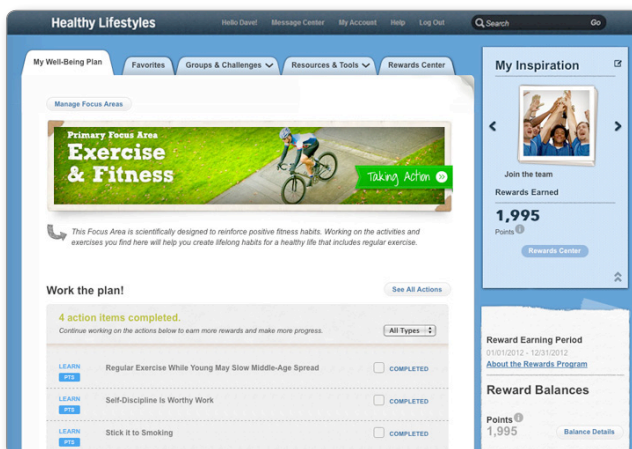
8. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



9. Based on the information you've provided, Healthy Lifestyles will recommend a primary focus area and two connected focus areas. Use the recommended focus areas or swap them out with others. Click **Next** to continue.



10. You can choose to add the trackers that support your focus areas here, or you can add them at a later time. After you have chosen your trackers, click **Finish** to complete your well-being plan setup.



11. Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.

If you have questions about registration or program details, contact the customer service line listed on the back of your Anthem ID card at 1-800-933-8415 Monday-Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email [StateofNH@anthem.com](mailto:StateofNH@anthem.com).

